

ABSTRACT OF THE DISCLOSURE

Comminuting dry almond hulls into fine particles, infusing the particles with water, extracting soluble compounds from them in a counter-current aqueous process. Separating the fibers to provide an aqueous solution, and ultrafiltering the remaining aqueous solution to provide ingredients for products such as sports beverages, health drinks, fruit bars, jams, jellies, and fibers. If desired, the aqueous solution from counter-current extraction can be treated with a yeast to increase the inositol content of the aqueous solution.